



## Firefighters take on 35-K Challenge

A few months ago, Dr. Robert Belihar, Medical Director of Lifesigns, issued a unique challenge to the Franklin Firefighters he sees during their annual department physicals. He challenged them to walk a circuit of all six Franklin Fire Stations – a total of 35 kilometers or 21 miles.

Dr. Belihar, who is 70 years old, completed the circuit himself before issuing the challenge, and stopped in at every station along the way to let the firefighters know he was there. He said, “It was my intent to encourage and perhaps even inspire Franklin Firefighters to become more fit. I thought that since I am 70 years old and have already completed the task at hand, some might consider that a challenge.”



L to R: Four of the five who completed the entire route - Firefighter-Paramedic Joe Posey, Engineer Anthony Sedlak and Firefighters Dustin Anderson and David Cloud. Jeff Elliott is not pictured but he also completed the route.

He said that according to historians, a ‘day’s journey’ in biblical times was 20-25 miles, about the same length as the 35-K Challenge. After completing the circuit Dr. Belihar’s pedometer reading was 43,969.

On Saturday, January 27<sup>th</sup>, nine individuals set out on foot from Fire Station 2 on Murfreesboro Rd. While they all did very well, only five completed the entire challenge:

1. **Engineer Anthony Sedlak**
2. **Firefighter David Cloud**
3. **Firefighter Dustin Anderson**
4. **Firefighter-Paramedic Joe Posey**
5. Former Fire **Captain Jeff Elliott** (Jeff left the Fire Department to join the City’s Risk Management Team as Occupational Health and Safety Specialist.)

**Captain Jonathan Jenkins and Firefighter Greg Lestarjette** made it to Station 1 (15.1 miles) while **Captain Scott Mainord and Firefighter Rondell Clark** made it to Station 4 (11.9 miles).



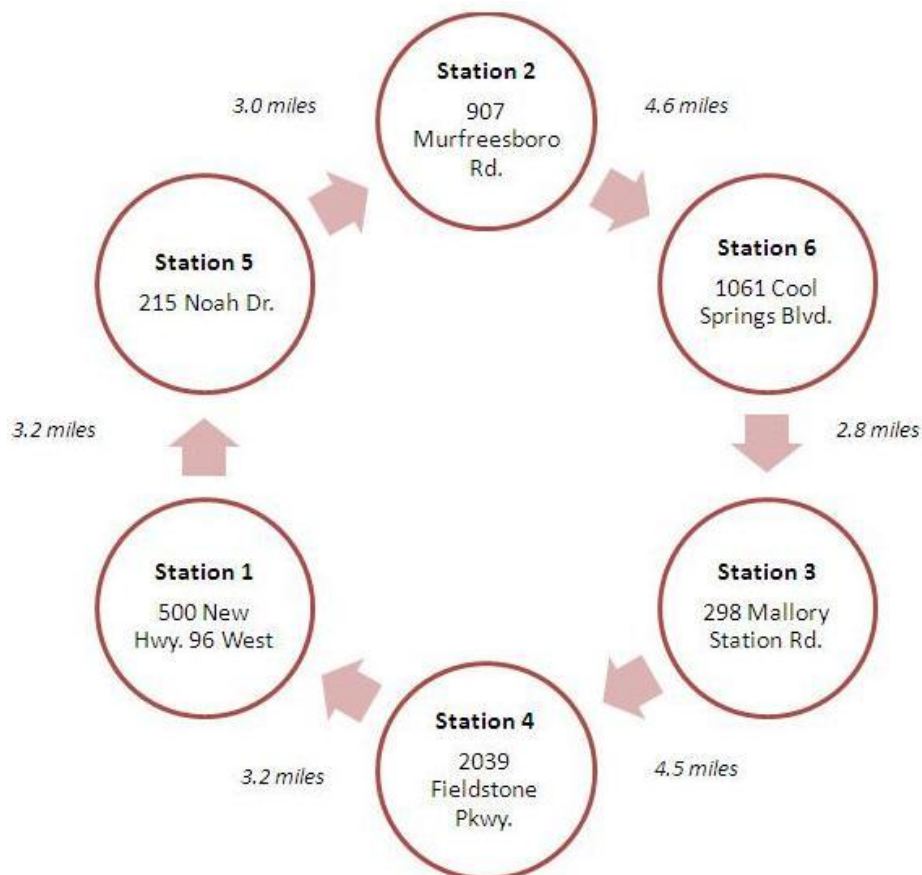
Engineer Anthony Sedlak said, “It was one of the hardest things I’ve ever done. I still have blisters on my feet.” Sedlak said it took them about 8 ½ hours to complete the entire route. He said they left at 6 a.m. after getting off work and finished around 2:30 p.m.

They stopped at each station for a quick break and ate lunch at the Fieldstone Farms Publix after stopping at Station 4.

Sedlak said Dr. Belihar issued a similar challenge to Brentwood Firefighters, and **Franklin Fire-Paramedic Brian Brandon** completed the Brentwood circuit.

Dr. Belihar said those who completed the entire route will receive a Commendation Award and Certificate, as well as “bragging rights.”

### 35-K Challenge Route





## The Healthy Firehouse Cookbook

In his persistent efforts to keep the firefighters healthy, Dr. Belihar recently dropped off a copy of “The Healthy Firehouse Cookbook,” at each station. The cookbook is a collection of recipes from firefighters across the country, compiled by New York City Firefighter Joseph T. Bonanno, Jr.

**Engineer Steve Gibson** from Franklin Fire Station 1 recommended the following recipe from the cookbook:

### Easy Chicken-Broccoli Stir-fry

Firefighter Wade R. Abbott  
Tateville Volunteer Fire Department  
Tateville, KY  
Serves 4

The trick to stir-frying is to make sure the pan is hot enough and to cook the food in the correct order so that everything is properly done at the same time. Having the pan nice and hot also ensures that the oil will be hot enough to keep it from being absorbed by the food.

- 1 bunch broccoli, cut into florets, stems trimmed and sliced ½ inch thick
- 2/3 cup cold chicken broth, preferably homemade or canned low-sodium broth
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons canola or other vegetable oil
- 1 scallion, finely chopped
- 1 clove garlic, finely chopped
- 2 teaspoons grated fresh ginger
- 1 pound skinless, boneless chicken breast, cut into 1-inch strips
- 2 cups hot cooked rice

In a large saucepan of lightly salted water, cook the broccoli stems for 2 minutes. Add the florets and cook for about 2 more minutes, until the broccoli is barely tender. Drain, rinse under cold water, and drain again.

In a small bowl, combine the broth and soy sauce. Whisk in the cornstarch until it is dissolved.



Captain Scott Mainord enjoys a healthy meal at Fire Station 2



Preheat a large skillet or wok over high heat and add the oil. When hot, add the scallion, garlic, and ginger and stir-fry for 30 seconds. Add the chicken and stir-fry for about 3 minutes, until it is just firm and opaque. Add the broccoli and stir-fry for 1 minute.

Stir in the cornstarch mixture. Cook and stir for about 1 minute, until thickened and bubbly. Serve immediately over rice.

Nutritional content per serving: Calories: 343, Protein: 26 g, Carbohydrates: 37 g, Fat: 10 g, Saturated fat: 1 g, Cholesterol: 58 mg, Sodium: 328 mg, Fiber: 3 g, 26 percent calories from fat

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Dr. Belihar retired from the U.S. Air Force with the rank of Brigadier General. During his tour in the military, he served in a variety of leadership roles ranging from squadron flight surgeon to Command Surgeon under Gen. Norman Schwarzkopf where he oversaw the establishment of a healthcare system for deployed personnel during Desert Shield/Desert Storm.

Dr. Belihar is presently the Medical Director of LifeSigns, a medical practice based upon comprehensive health assessment and lifestyle management.

